

## MAY MENTAL HEALTH MONTH



**Metta World Peace**

**Los Angeles Laker/Mental Health Advocate**

“I support mental health awareness because good mental health is so important to a person's overall health and quality of life. It's unnecessary stress if you're holding things in. It brings unnecessary stress to your heart and to your mind. When you can release it and talk about it, you feel better – and that's how it should be with anything. I am thrilled to be a part of helping bring awareness to this very important topic.”